

Balanced Diet for Infants, Children and Adolescents (Number of Portions)

Food groups	g/portion	Infants 6-12 months	Years						
			1-3	4-6	7-9	10 - 12		13 - 18	
						Girls	Boys	Girls	Boys
Cereals & Millets	30	1.5	4	7	9	9	11	10	14
Pulses	30	0.5	1	1.5	2	2	2	2	2
Milk (ml) ^a	100	5	5	5	5	5	5	5	5
Roots and tubers	100	0.5	0.5	1	1	1	1	1	2
Green leafy vegetables	100	0.25	0.5	0.5	1	1	1	1	1
Other vegetables	100	0.25	0.5	0.5	1	1	1	1	1
Fruits	100	1	1	1	1	1	1	1	1
Sugar	5	5	5	6	6	6	7	6	7
Fats/Oils (visible)	5	2	4	5	5	5	5	5	5

^a Quantity indicates top milk. For breastfed infants, 200 ml top milk is required.

One portion of pulse may be exchanged with one portion (50 g) of egg/meat/chicken/fish.

For infants, introduce egg/meat/chicken/fish around 9 months.